



Recycle After September

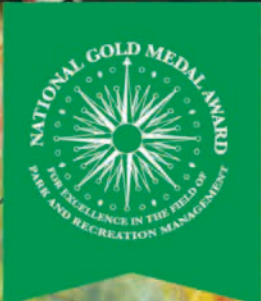
# Herndon

## PROGRAMS AND EVENTS GUIDE

COUNT ON US! Our Guide Has Something For Every Age And Every Interest.



SUMMER  
2013



[www.herndon-va.gov](http://www.herndon-va.gov)



# HOURS & FEES



## Herndon Community Center Hours

**Summer Hours: June 24-August 23**

Monday-Friday .....6am-9:30pm

Saturday .....8am-6pm

Sunday .....11am-6pm

*No admittance after 9:30pm*

*The building closes at 10pm*

**Regular Hours (through June 23)**

Monday-Friday .....6am-9:30pm

Saturday & Sunday .....7am-6pm

### Holiday Hours

Memorial Day, May 27 .....8am-8pm

Independence Day, July 4 .....11am-6pm

Labor Day, September 2 .....Closed

\*The Community Center will be closed August 24-September 2 for annual cleaning and maintenance. The pool and gymnasium will be closed August 17-September 2. The center will reopen on Tuesday, September 3.

## Parks & Recreation Office Hours

Monday-Friday .....8:30am-5:30pm

Office Closed – May 27, July 4, September 2

## Address

Herndon Community Center  
814 Ferndale Avenue  
Herndon, VA 20170

## Phone

703-787-7300

Fax  
703-318-8652

Hearing Impaired Relay  
1-800-828-1120 TDD

## Website

[www.herndon-va.gov](http://www.herndon-va.gov)

## Community Center Fees and Information

### Discount Pass and Daily Admission Fee

The discount pass and daily admission fee for the facility includes:

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to any regularly scheduled land aerobics class (see class schedule on page 13)

### Annual and 6-Month Pass Holders

- entitled to one free session with a personal trainer. See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

**All admissions and passes are nonrefundable.**

### Age Categories:

Youth	17 & under
Adult	18 & older
Seniors	65 & older
Children	Admitted free
under age 2	with a paying adult

### Pool Use:

Children	must be accompanied
8 & under	by an adult

### Gymnasium Use:

Youth	must be 12 & older
Youth Open Gym	weekends only
	age 8-11 must be accompanied by a paying adult

### Fitness Room Use:

Youth Fitness Pass	age 12-15 must earn YFP
	age 12 & 13 must be accompanied by an adult

### Locker Room Use:

Children	permitted in locker room
5 & under	of opposite sex

Family Locker Rooms	for parents with children over the age of 5, located in guard office
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Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

## Admissions and Passes

\*TOH-resident rate requires ID with address for every transaction.

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adult .....	\$6.50/\$7.50
Senior .....	\$5.25/\$6.25
Youth .....	\$5.25/\$5.50

### 25-Admission Pass

Full Use .....	\$130/\$160
Senior .....	\$98.50/\$140.50
Youth .....	\$96.25/\$103.25

### Monthly 30-Day Pass

Adult .....	\$52.50/\$70.25
Adult 2-Person Married .....	\$82/\$109.25
Youth Single .....	\$47.25/\$50
Senior Single .....	\$36.75/\$62
Senior 2-Person .....	\$57.50/\$96.25
Senior 2-Person Sr/Non Sr .....	\$70/\$100
Dependent Youth* .....	\$13.50/\$18

### 6-Month Pass<sup>1</sup>

One session with a fitness trainer is included in the 6-month pass fee.

Adult - Resident .....	\$261.75/\$349
Adult 2-Person Married .....	\$411/\$548
Youth Single .....	\$215/\$307
Senior Single .....	\$215/\$307
Senior 2-Person Married .....	\$338/\$481.50
Senior 2-Person Sr/Non Sr - Resident .....	\$350.25/\$500.50
Dependent Youth - Resident* .....	\$65/\$86.50

### Annual Pass<sup>1, 2</sup>

Adult .....	\$470.25/\$627
Adult 2-Person Married .....	\$739/\$985.25
Senior/Youth Single .....	\$329.25/\$551.75
Senior 2-Person Married .....	\$517.25/\$866.75
Senior 2-Person Sr/Non Sr .....	\$630/\$900
Dependent Youth* .....	\$116.75/\$155.75

### \*with paid adult pass

<sup>1</sup> One complimentary session with a fitness trainer is included for annual and 6-month pass holders.

<sup>2</sup> Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).



A Nationally Accredited Agency Since 2006  
"Herndon is Meeting and Exceeding National Standards in P & R Administration"

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## Mission Statement

“Promoting a sense of community and enriching the quality of life.” The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

## Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

### A special thanks to:

**Silver:** TD Bank

**Bronze:** Gutter Helmet and Northwest Federal Credit Union

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

## Racquetball, Badminton, Table Tennis & Wallyball

### Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

*Badminton and Wallyball rentals are two hour sessions. The courts can also be reserved for table tennis. Racquetball, badminton and table tennis reservations are in one hour sessions.*

### Prime Time

\$4 per hour + racquetball and badminton admission fee per player.  
\$3.50 per session wallyball.

### Non-Prime Time

\$2 per hour + racquetball and badminton admission fee per player.  
\$2 per session wallyball.

### Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, May 1 at HCC.
- Registration for all non-Town of Herndon residents will open at 10am on Tuesday, May 7 at HCC.

Starting on these dates, you will be able to register online, or in person ONLY for the Summer 2013 registration.

Please see “Registration Information” on pages 30 and 31 for more information.

### Outdoor Weather Policy

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/Classes are scheduled for make-ups by the program supervisor. Drop-in classes that are included with the community center’s admission fee are not rescheduled. Call 703-435-6866.

## Town of Herndon Town Council

Lisa C. Merkel, Mayor

Connie Haines Hutchinson,  
Vice Mayor

C. Melissa Jonas, Councilmember

David A. Kirby, Councilmember

Sheila A. Olem, Councilmember

Charles D. Waddell, Councilmember

Grace Han Wolf, Councilmember

Arthur A. Anselene, Town Manager

## Parks & Recreation Department Staff

Cindy S. Roeder, Director

Ann Marie Heiser, Deputy Director

Nancy Burke, Administrative Assistant

Lori Rowland, Office Assistant

Christen Fountain, Office Assistant

Cynthia Hoftiezer,  
Projects Coordinator

Jacqui Mathews, Marketing Specialist

Kerstin Severin,  
Aquatic Services Manager

Drew Kreutter,  
Pool Operations Manager

Bruce Andersen, Swim Team Coach

Kevin Breza,  
Aquatics Program Assistant

Ron Tillman,  
Community Center Manager

Andy Chevalier,  
Assistant Community Center  
Manager

Bob Hilferty, Indoor Tennis Manager

Julie Foechterle, Preschool Director

## Recreation Services Supervisors

Tom Milenkevich, Fitness

Holly Popple, Performing Arts &  
Community Events

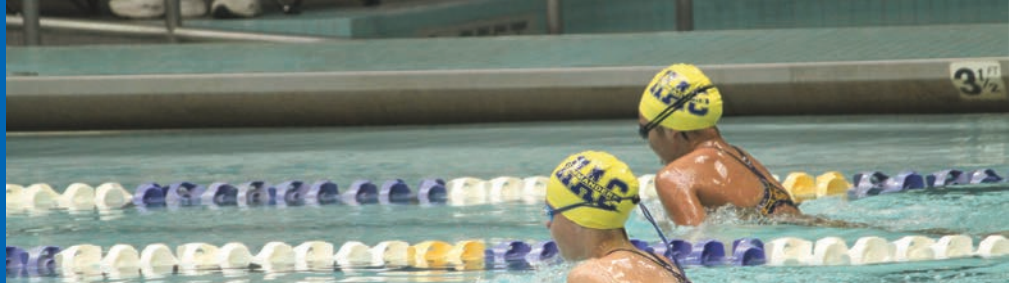
Thomas Schoenauer,  
Wellness, Sports & Community  
Events

Ann Skildum,  
Special Interest, Arts & Crafts

Dave Zakrzewski,  
Sports & Community Events



# AQUATICS



## Aquatics Classes Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons every day until noon.

## Free swim evaluations available!

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

## Summer Pass Special

Passes Valid May 13-August 23  
Unlimited Use Pass TOH \$120/NR \$175  
25-Visit Pass TOH \$87/NR \$125



## Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

## Virginia Swims (VSAG) Swimming Guidelines

### Preschooler 1 (formerly Starfish)

No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

### Preschooler 2 (formerly Seahorse)

Successful completion of Preschooler 1 or ability to:

- Put face in the water 2 times
- Blow bubbles for 3 seconds
- Assisted front glide w/ kick 2 yards
- Assisted back glide w/ kick 2 yards
- Float on front and back with assistance 5 seconds
- Roll over front to back with assistance

### Preschooler 3

#### (formerly Otters - beginning)

Successful completion of Preschooler 2 or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water
- Bob 5 times completely submerging with bubbles
- Swim with arm stroke and kick on front and back 5 yards

**Special Admission**  
\$5 Fridays, 12-9:30pm, all ages  
\$2 Tuesdays, Seniors 65+

### Preschooler 4

#### (formerly Otters - advanced)

Successful completion of Preschooler 3 or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with rotary breathing
- Elementary backstroke 5 yards
- Back crawl 5 yards
- Retrieve multiple objects in chest-deep water
- Tread water for 5 seconds

### Preschooler 5 (formerly Manatees)

Successful completion of Preschooler 4 or ability to:

- Front crawl 25 yards with rotary breathing
- Elementary backstroke 15 yards
- Back crawl 10 yards
- Breaststroke 10 yards
- Swim underwater 3 yards
- Tread water for 20 seconds in deep water
- Sitting, kneeling and standing dives

### Preschooler 6 (formerly Sharks)

Successful completion of Preschooler 5 or ability to:

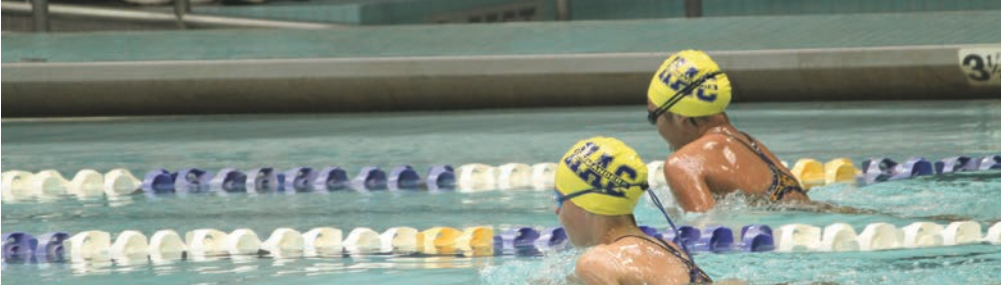
- Front crawl 25 yards with bilateral breathing
- Elementary backstroke 25 yards
- Back crawl 25 yards
- Breaststroke 15 yards
- Feet first surface dive
- Tread water for 30 seconds in deep water
- Racing dive with pull out

### Swim 1 No experience necessary but:

- Must be able to participate in group setting

### Swim 2 Successful completion of Swimming 1 or the ability to:

- Face in water and blow bubbles 3 seconds
- Submerge face 2 times in a row
- Float on front and back with assistance
- Kick and paddle on front and back with support



# AQUATICS

## Swim 3 Successful completion of Swimming 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

## Swim 4 Successful completion of Swimming 3 or the ability to:

- Front crawl with rotary breathing 15 yards
- Elementary backstroke 15 yards
- Back crawl 15 yards
- Swim underwater and retrieve objects
- Bob to safety in chest-deep water
- Tread water 15 seconds in deep water

## Swim 5 Successful completion of Swimming 4 or the ability to:

- Tread water 30 seconds
- Front crawl 25 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3 yards
- Sitting, kneeling and standing dives

## Swim 6 Successful completion of Swimming 5 or the ability to:

- Tread water 1 minute
- Front crawl 50 yards with bilateral breathing
- Back crawl 50 yards
- Breaststroke 50 yards
- Elementary backstroke 50 yards
- Open turn front, back and breast
- Racing dive

### Float Night

Swampson will be out to play the third Friday of each month, from 6:30pm until closing. Play on Swampson and bring your floats and toys, and have fun with the whole family.

## No classes July 4

### Baby and Me Age 6 mos-2 yrs

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*  
9, 25 minute sessions TOH \$75/NR \$93  
M-F 10:30-10:55am

**June 24-July 5**

101100.10

**July 8-18**

101100.11

**July 22-August 1**

101100.12

**August 5-15**

101100.13

8, 25 minute sessions TOH \$67/NR \$83

**June 22-August 10**

101100.60 Sa 9:30-9:55am

### Toddler and Me Age 18 mos-3 years

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*  
9, 25 minute sessions TOH \$75/NR \$93  
M-F 11-11:25am

**June 24-July 5**

101200.10

**July 8-18**

101200.11

**July 22-August 1**

101200.12

**August 5-15**

101200.13

8, 25 minute sessions TOH \$67/NR \$83

**June 22-August 10**

101200.60 Sa 10-10:25am

101200.61 Sa 10:30-10:55am

**June 23-August 11**

101200.70 Su 11-11:25am

### Preschooler and Me Age 3-6

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-6 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. *Swim with parent*

9, 25 minute sessions TOH \$75/NR \$93

M-F 11:30-11:55am

**June 24-July 5**

101300.10

**July 8-18**

101300.11

**July 22-August 1**

101300.12

**August 5-15**

101300.13

8, 25 minute sessions TOH \$67/NR \$83

**June 22-August 10**

101300.60 Sa 9-9:25am

**June 23-August 11**

101300.70 Su 9-9:25am

### Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent*

9, 25 minute sessions TOH \$75/NR \$93

M-F

**June 24-July 5**

102100.10 8-8:25am

102100.12 9-9:25am

102100.13 10:30-10:55am

**July 8-18**

102100.14 8-8:25am

102100.15 9-9:25am

102100.16 10:30-10:55am

**July 22-August 1**

102100.17 8-8:25am

102100.18 9-9:25am

102100.19 10:30-10:55am

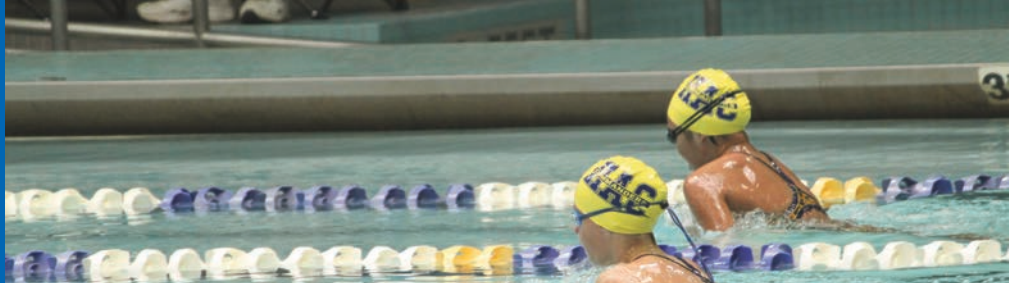
**August 5-15**

102100.1A 8-8:25am

102100.1B 9-9:25am

102100.1C 10:30-10:55am

# AQUATICS



8, 25 minute sessions TOH \$67/NR \$83

## June 24-July 17

102100.11 M/W 6:30-6:55pm

## July 22-August 14

102100.1D M/W 6:30-6:55pm

## June 20-July 18

102100.20 Tu/Th 2-2:25pm

102100.21 Tu/Th 7-7:25pm

## July 23-August 15

102100.22 Tu/Th 2-2:25pm

102100.23 Tu/Th 7-7:25pm

## June 22-August 10

102100.60 Sa 8:30-8:55am

102100.61 Sa 9:30-9:55am

102100.62 Sa 11:30-11:55am

## June 23-August 11

102100.70 Su 11-11:25am

102100.71 Su 12-12:25pm

## Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience required*

9, 25 minute sessions TOH \$75/NR \$93  
M-F

## June 24-July 5

102200.10 7:30-7:55am

102200.12 8:30-8:55am

102200.13 9-9:25am

102200.14 10-10:25am

## July 8-18

102200.15 7:30-7:55am

102200.16 8:30-8:55am

102200.17 9-9:25am

102200.18 10-10:25am

## July 22-August 1

102200.19 7:30-7:55am

102200.1A 8:30-8:55am

102200.1B 9-9:25am

102200.1C 10-10:25am

## August 5-15

102200.1D 7:30-7:55am

102200.1E 8:30-8:55am

102200.1F 9-9:25am

102200.1G 10-10:25am

8, 25 minute sessions TOH \$67/NR \$83

## June 24-July 17

102200.11 M/W 7-7:25pm

## July 22-August 14

102200.1H M/W 7-7:25pm

## June 20-July 18

102200.20 Tu/Th 2:30-2:55pm

102200.21 Tu/Th 6:30-6:55pm

## July 23-August 15

102200.22 Tu/Th 2:30-2:55pm

102200.23 Tu/Th 6:30-6:55pm

## June 22-August 10

102200.60 Sa 9-9:25am

102200.61 Sa 10-10:25am

## June 23-August 11

102200.70 Su 11:30-11:55am

102200.71 Su 12:30-12:55pm

## Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

9, 25 minute sessions TOH \$75/NR \$93  
M-F

## June 24-July 5

102300.10 10-10:25am

## July 8-18

102300.12 10-10:25am

## July 22-August 1

102300.13 10-10:25am

## August 5-15

102300.14 10-10:25am

8, 25 minute sessions TOH \$67/NR \$83

## June 24-July 17

102300.11 M/W 5-5:25pm

## July 22-August 14

102300.15 M/W 5-5:25pm

## June 20-July 18

102300.20 Tu/Th 3-3:25pm

102300.21 Tu/Th 5:30-5:55pm

## July 23-August 15

102300.22 Tu/Th 3-3:25pm

102300.23 Tu/Th 5:30-5:55pm

## June 22-August 10

102300.60 Sa 10:30-10:55am

## Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

9, 25 minute sessions TOH \$75/NR \$93  
M-F 9:30-9:55am

## June 24-July 5

102400.10

## July 8-18

102400.12

## July 22-August 1

102400.13

## August 5-15

102400.14

8, 25 minute sessions TOH \$67/NR \$83

## June 24-July 17

102400.11 M/W 5:30-5:55pm

## July 22-August 14

102400.15 M/W 5:30-5:55pm

## July 23-August 15

102400.20 Tu/Th 3:30-3:55pm

102400.21 Tu/Th 6-6:25pm

## June 20-July 18

102400.22 Tu/Th 3:30-3:55pm

102400.23 Tu/Th 6-6:25pm

## June 22-August 10

102400.60 Sa 11-11:25am

## Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

9, 25 minute sessions TOH \$75/NR \$93  
M-F 11-11:25am

## June 24-July 5

102500.10

## July 8-18

102500.12

## July 22-August 1

102500.13

## August 5-15

102500.14





# AQUATICS

8, 25 minute sessions	TOH \$67/NR \$83
<b>June 24-July 17</b>	
102500.11 M/W	6-6:25pm
<b>July 22-August 14</b>	
102500.15 M/W	6-6:25pm
<b>June 20-July 18</b>	
102500.21 Tu/Th	5-5:25pm
<b>July 23-August 15</b>	
102500.22 Tu/Th	5-5:25pm

## Preschooler 6 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with bilateral breathing, 25 yards of back crawl and 15 yards of breaststroke and butterfly. The course will focus on endurance and coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, flip turns and basic water safety instruction.

9, 25 minute sessions	TOH \$75/NR \$93
M-F	
<b>June 24-July 5</b>	
102600.10	11:30-11:55am
<b>July 8-18</b>	
102600.12	11:30-11:55am
<b>July 22-August 1</b>	
102600.13	11-11:25am
<b>August 5-15</b>	
102600.14	11-11:25am

## Swim 1 Age 6-12

This course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

9, 30 minute sessions	TOH \$75/NR \$93
M-F	
<b>June 24-July 5</b>	
103110.10	9:30-10am
103110.12	11:30am-12pm
<b>July 8-18</b>	
103110.13	9:30-10am
103110.14	11:30am-12pm
<b>July 22-August 1</b>	
103110.15	9:30-10am
103110.16	11:30am-12pm
<b>August 5-15</b>	
103110.17	9:30-10am
103110.18	11:30am-12pm

8, 30 minute sessions	TOH \$67/NR \$83
<b>June 24-July 17</b>	
103110.11 M/W	6-6:30pm
<b>July 22-August 14</b>	
103110.19 M/W	6-6:30pm
<b>June 20-July 18</b>	
103110.20 Tu/Th	3:30-4pm
103110.21 Tu/Th	5-5:30pm
<b>July 23-August 15</b>	
103110.22 Tu/Th	3:30-4pm
103110.23 Tu/Th	5-5:30pm
<b>June 22-August 10</b>	
103110.60 Sa	11-11:30am

## Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

9, 30 minute sessions	TOH \$75/NR \$93
M-F	11-11:30am
<b>June 24-July 5</b>	
103210.10	
<b>July 8-18</b>	
103210.12	
<b>July 22-August 1</b>	
103210.13	
<b>August 5-15</b>	
103210.14	

8, 30 minute sessions	TOH \$67/NR \$83
<b>June 24-July 17</b>	
103210.11 M/W	6:30-7pm
<b>July 22-August 14</b>	
103210.15 M/W	6:30-7pm
<b>June 20-July 18</b>	
103210.20 Tu/Th	3-3:30pm
103210.21 Tu/Th	5:30-6pm
<b>July 23-August 15</b>	
103210.22 Tu/Th	3-3:30pm
103210.23 Tu/Th	5:30-6pm
<b>June 22-August 10</b>	
103210.60 Sa	10:30-11am

## Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

9, 30 minute sessions	TOH \$75/NR \$93
M-F	10-10:30am
<b>June 24-July 5</b>	
103310.10	
<b>July 8-18</b>	
103310.12	

<b>July 22-August 1</b>	
103310.13	
<b>August 5-15</b>	
103310.14	

8, 30 minute sessions	TOH \$67/NR \$83
<b>June 24-July 17</b>	
103310.11 M/W	5:30-6pm
<b>July 22-August 14</b>	
103310.15 M/W	5:30-6pm
<b>June 20-July 18</b>	
103310.20 Tu/Th	2:30-3pm
103310.21 Tu/Th	6:30-7pm
<b>July 23-August 15</b>	
103310.22 Tu/Th	2:30-3pm
103310.23 Tu/Th	6:30-7pm
<b>June 22-August 10</b>	
103310.60 Sa	10-10:30am
<b>June 23-August 11</b>	
103310.70 Su	12-12:30pm

## Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are also introduced.

9, 30 minute sessions	TOH \$75/NR \$93
M-F	10:30-11am
<b>June 24-July 5</b>	
103410.10	
<b>July 8-18</b>	
103410.12	
<b>July 22-August 1</b>	
103410.13	
<b>August 5-15</b>	
103410.14	

8, 30 minute sessions	TOH \$67/NR \$83
<b>June 24-July 17</b>	
103410.11 M/W	5-5:30pm
<b>July 22-August 14</b>	
103410.15 M/W	5-5:30pm
<b>June 20-July 18</b>	
103410.20 Tu/Th	2-2:30pm
103410.21 Tu/Th	6-6:30pm
<b>July 23-August 15</b>	
103410.22 Tu/Th	2-2:30pm
103410.23 Tu/Th	6-6:30pm
<b>June 22-August 10</b>	
103410.60 Sa	9:30-10am
<b>June 23-August 11</b>	
103410.70 Su	12:30-1pm

# AQUATICS



## Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous Swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

9, 45 minute sessions TOH \$110/NR \$137 M-F

### June 24-July 5

103510.10 11:30am-12:15pm  
103510.11 10-10:45am

### July 8-18

103510.12 11:30am-12:15pm  
103510.13 10-10:45am

### July 22-August 1

103510.14 11:30am-12:15pm  
103510.15 10-10:45am

### August 5-15

103510.16 11:30am-12:15pm  
103510.17 10-10:45am

8, 45 minute sessions TOH \$98/NR \$122

### June 22-August 10

103510.60 Sa 8:45-9:30am

## Swim 6 Age 6-12

Focus is on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for all strokes are refined and developed.

9, 45 minute sessions TOH \$110/NR \$137 M-F 10:45-11:30am

### June 24-July 5

103610.10

### July 8-18

103610.11

### July 22-August 1

103610.12

### August 5-15

103610.13

## Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Age 8 & under must swim 25 yards front crawl without stopping. Age 9-12 must swim 50 yards front crawl without stopping. Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

8, 45 minute sessions TOH \$91/NR \$113

### Age 5-8

#### July 22-August 1

104110.11 M-Th 8-8:45am

#### August 5-15

104110.13 M-Th 8-8:45am

#### June 23-August 11

104110.70 Su 1-1:45pm

### Age 9-12

#### July 22-August 1

104110.12 M-Th 8:45-9:30am

#### August 5-15

104110.14 M-Th 8:45-9:30am

#### June 23-August 11

104110.71 Su 1:45-2:30pm

## Teen Beginner Age 13-17

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions TOH \$98/NR \$122

### June 22-August 10

106520.60 Sa 12-12:45pm

## Diving Guidelines

### Introduction to Diving

*No previous diving experience necessary but must be able to:*

- Be comfortable in deep water
- Swim 25 yards

**Diving 1** *Successful completion of Introduction to Diving or the ability to:*

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

**Diving 2** *Successful completion of Diving 1 or the ability to:*

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

**Diving 3** *Instructor permission and successful completion of Diving 2 or the ability to:*

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required

### Introduction to Diving Age 5-12

This class teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. *Completion of Swim 3 is strongly recommended*

9, 30 minute sessions TOH \$75/NR \$93

### July 8-18

104510.10 M-F 10-10:30am





# AQUATICS

## Diving 1 Age 7-14

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

9, 45 minute sessions TOH \$110/NR \$137

**July 8-18**

104610.10 M-F 10:30-11:15am

## Diving 2/3 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

9, 1 hour sessions TOH \$146/NR \$182

**July 8-18**

104710.10 M-F 11:15am-12:15pm

## Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions TOH \$98/NR \$122

**June 22-August 10**

106130.60 Sa 10:30-11:15am

## Adult Advanced Beginner

Age 16 & up

This class is for students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute sessions TOH \$98/NR \$122

**June 22-August 10**

106230.60 Sa 11:15am-12pm

## Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly will be introduced.

8, 45 minute sessions TOH \$98/NR \$122

**June 22-August 10**

106330.60 Sa 12:45-1:30pm

## Early Bird Energizer Age 16 & up

Start your day with this fun, high-intensity class that combines aerobic intervals with effective strength moves! This workout targets fat loss, muscle building and cardio endurance. Held in deep water, participants will wear ankle cuffs to provide buoyancy and resistance, while building a strong core. Participants must be comfortable in deep water.

16, 1 hour sessions TOH \$134/NR \$166

**June 24-August 14**

108130.10 M/W 6:30-7:30am

8, 1 hour sessions TOH \$70/NR \$86

**June 21-August 9**

108130.50 F 6:30-7:30am

## Summer Pass Special

**Passes Valid May 13-August 23**

**Unlimited Use Pass TOH \$120/NR \$175**

**25-Visit Pass TOH \$87/NR \$125**



## Summer Swim Team

### The Herndon Halibuts

(Herndon Swim League)

Age 5-18

### CALLING ALL SWIMMERS!

If you have always wanted to be on a swim team but haven't had a neighborhood team to swim for, here's your chance! Join the Herndon Community Center Swim Team and be a Halibut! As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season. Parents are required to volunteer at four swim meets during the season and one team activity. A \$35 Activity Fee per swimmer is due upon registration to cover the cost of T-shirts, caps, end of season awards and team activities. Online registration is available, but the Activity Fee must be paid prior to the first day. Swimmers will not be allowed to participate in practice until the activity fee is paid. All swimmers must be able to swim one length of the pool continuously without stopping. Parents must sign up for the four meets and one activity by the end of the first week. Parents MUST attend the orientation session on Tuesday, May 28, 2013 from 7:30-8:30pm. Parents will be introduced to the HCC coaching staff and given information concerning activity and meet sign ups.

TOH \$115/NR \$140

**Age 5-8** 105350.10 M-F

May 29-June 18 5-5:45pm

June 19-July 19 7:30-8:15am

**Age 9-10** 105350.11 M-F

May 29-June 18 5:45-6:30pm

June 19-July 19 8:15-9am

**Age 11-18** 105350.12 M-F

May 29-June 18 4-5pm

June 19-July 19 9-10am

## Summer Swim Team

# AQUATICS



## Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals, while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

8, 1 hour sessions TOH \$70/NR \$86  
**June 21-August 9**  
 108230.50 F 7:30-8:30am

## Senior Water Aerobics Age 16 & up

This class is an exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

16, 1 hour sessions TOH \$134/NR \$166  
**June 24-August 14**  
 108440.10 M/W 8:30-9:30am

8, 1 hour sessions TOH \$70/NR \$86  
**June 21-August 9**  
 108440.50 F 8:30-9:30am

## Water Aerobics Age 16 & up

This is the total water workout. It combines both toning exercises, as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary.

Babysitting is available during this class. Rubber-soled shoes are strongly recommended.  
 16, 1 hour sessions TOH \$134/NR \$166  
**June 20-August 15**  
 108530.20 Tu/Th 8-9am

## Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water, as a portion of the workout is held in the 12 foot area.

16, 1 hour sessions TOH \$134/NR \$166  
**June 24-August 14**  
 108630.10 M/W 7:30-8:30am

## Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

16, 1 hour sessions TOH \$134/NR \$166  
**June 20-August 15**  
 108730.20 Tu/Th 8:30-9:30am  
**June 24-August 14**  
 108730.10 M/W 6:30-7:30pm

8, 1 hour sessions TOH \$70/NR \$86  
**June 29-August 17**  
 108730.60 Sa 8-9am

## Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast-paced, high-intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

16, 1 hour sessions TOH \$134/NR \$166  
**June 24-August 14**  
 108830.10 M/W 7:30-8:30pm  
**June 20-August 15**  
 108830.20 Tu/Th 7:30-8:30am  
 108830.21 Tu/Th 6:30-7:30pm

## HERNDON COMMANDERS

2013-2014

The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming-sanctioned swim team. The Commanders' nine month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are required to make a commitment for the entire season and to participate in swim meets.

Head Coach Bruce Andersen, beginning his 7th year as head coach of the Commanders, has over 25 years of coaching and teaching experience. Our coaches are certified through American Swim Coaches Association and have over 40 years combined experience.

### Stroke Evaluations

Stroke evaluations for placement on the team will be on the following dates:

**July 2, 9, 16, 23, 30**  
**6-8pm**

Sign-ups for the tryouts can be done on the team website at [www.swimhacc.org](http://www.swimhacc.org).

Contact Bruce Andersen at [bruce.andersen@swimhacc.org](mailto:bruce.andersen@swimhacc.org) for additional information.





# WELLNESS

## Gentle Yoga for Seniors Age 55 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

8, 1 hour sessions TOH \$64/NR \$85

**June 17-August 12 (No class 7/1)**

130040.10 M 10:30-11:30am

**June 19-August 14 (No class 7/3)**

130040.30 W 10:30-11:30am

## Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that use exercises, breathwork, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 1.5 hour sessions TOH \$96/NR \$128

**June 17-August 12 (No class 7/1)**

130130.10 M 7-8:30pm

**June 20-August 15 (No class 7/4)**

130130.40 Th 7-8:30pm

## Hatha Yoga Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury. No Senior Discount.

8, 1.5 hour sessions TOH \$96/NR \$128

**June 23-August 18 (No class 6/30)**

130330.00 Su 1-2:30pm

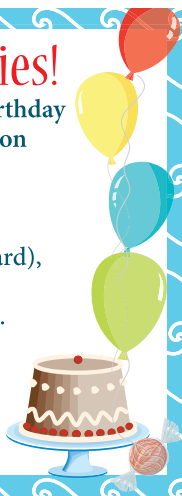
## Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

**Featuring:** party room, unlimited swimming, cake (ice cream or standard), drinks, pizza (optional), balloons and much more.

Call **703-787-7300**

for information on our specialty party packages!



## Planning a Special Event or Meeting?

The Center can accommodate sit-down functions up to 375 people, or provide meeting space for up to 100, and has a warming/catering kitchen.

Call **703-787-7300** for information, or to arrange a tour of our facilities.

## Herndon Garden Tour

**Sunday, June 23**

**Noon-4pm**

**Ticket Information:**

\$10 in advance;

\$15 on the day of the tour

Available in advance at:

Herndon Community Center,

814 Ferndale Avenue

Herndon Florist, 716 Lynn Street

ArtSpace Herndon, 750 Center Street

Online at [www.herndon-va.gov/webtrac](http://www.herndon-va.gov/webtrac)

Tickets available the day of the tour at the

Herndon Community Center and

ArtSpace Herndon

**703-435-6800 x2222**

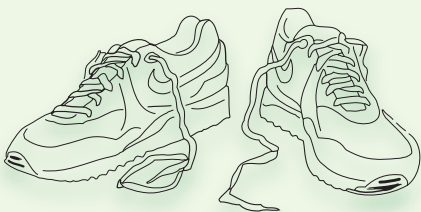
[www.herndon-va.gov](http://www.herndon-va.gov)

Tour produced by the Town of Herndon's Cultivating Community Initiative

## Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

**Monday-Friday 6-7:15am**



## Foam Roller Demonstration

Age 16 & up

If you've seen foam rollers in our fitness room or personal training studio, but have no idea what they're for, this class is for you! Foam rolling has enormous therapeutic benefits, which include lengthening tight muscles, tendons, ligaments and increasing spinal mobility. Experience relief from knee and back pain with regular foam rolling. We will explain further benefits and techniques, and time will be allotted to practice foam rolling. Rollers will be provided and available for purchase.

1, 45 minute session

TOH \$10/

NR \$10

**June 24**

127130.10 M

5:30-6:15pm

**July 17**

127130.30 W

7:30-8:15pm

# GROUP EXERCISE



**Summer group exercise schedule covers June 17-August 23.**  
**Evening classes cancelled 6/18.**  
**No classes 7/4.**

Group exercise and aerobic land classes\* are exclusively part of your admission benefit. Purchase a multi-visit pass for the best rates, or pay the daily fee for the most flexibility to meet your fitness needs. Some classes may reach capacity or have limited specialty equipment available. See page 2 for details on becoming a pass holder, and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

\*Unless otherwise noted, Wellness programs are not included.

**Babysitting is available during Kid Care hours at no additional charge. Advance reservations recommended, as space is limited.**

**Please consult your doctor prior to starting any exercise program.**

**Group Exercise classes are designed for ages 16 & up.**

**Please do not enter a class if arriving more than ten minutes past the scheduled start time.**

## Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.  
M/W 9-10am

## Body Sculpt

Use a variety of equipment and techniques to sculpt your whole body by focusing on all major muscle groups. You will build and sculpt muscles, strengthen your core, and improve your strength and flexibility, while focusing on total-body health.

M 7:10-8:10pm

## Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

W/F 6-7am

## Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast!

Sa 8:45-9:45am

## Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

M 6:45-7:45pm  
Tu/Th 9:30-10:30am (No class 7/4)

## Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1pm (No class 7/4)

## Step & Sculpt

Get the best of both worlds with forty minutes of calorie-burning step, sculpting and strengthening your muscles, and using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

Tu/Th 5:50-6:50pm  
(No class 6/18, 7/4)

## Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels.

Tu/Th 11am-12pm (No class 7/4)

## Kid Care

**FREE!**

**Take advantage of the free drop-off babysitting service, run by our friendly staff.**

### Morning:

**Monday/Wednesday 9-11:30am;  
Tuesday/Thursday 9am-12pm**

### Evening:

**Monday/Tuesday/Thursday  
5:30-8:15pm;  
Wednesday 5-8pm**

Children 12 months & older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool.

Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

*NOTE: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.*





# GROUP EXERCISE

## Total Body Conditioning

This is a total-body-strength class, which includes balance, functional core stability and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga- and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total-body-strength workout to jump-start your metabolism!

M/W 6-7pm

## Total Body Energizer

Get a fun total-body workout with emphasis on combination and functional movements. You will work all major muscle groups from head to toe using weights, bars, balls and bands. Appropriate for those looking for a challenging workout!

Th 7-8pm (No class 7/4)

## Zumba

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30pm  
 Tu 5:30-6:30pm (No class 6/18)  
 Tu 8:10-9:10pm (No class 6/18)  
 W 8-9am  
 W 5-6pm  
 W 7:10-8:10pm  
 Th 6-7am (No class 7/4)  
 Th 5:30-6:30pm (No class 7/4)  
 Sa 11:40am-12:40pm

## Summer Pass Special

Passes Valid May 13-August 23  
 Unlimited Use Pass TOH \$120/NR \$175  
 25-Visit Pass TOH \$87/NR \$125



## Boot Camp for Women & Men

**Dedication, Determination, Motivation and Fun**

Class is designed for all levels of ability. Classes are sometimes held indoors in the event of inclement weather.

**Locations:** Check our updated listing on [www.FIResults.com](http://www.FIResults.com) or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!  
**Held outdoors at Herndon Community Center.**

## HOOP DANCE

**Age 13 & up**

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout, while encouraging creative movement and expression. Provide your own adult-sized hoop or borrow/purchase one from the instructor.

7, 1 hour sessions TOH \$41/NR \$54

**July 7-August 18**

169930.70 Su 2-3pm

**July 11-August 22** (Meet at Bruin Park)

169930.40 Th 6:45-7:45pm

## SUMMER 2013 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30-10:30am Cardio/Sculpt Interval	6-7am Body Tone	6-7am ZUMBA	6-7am Body Tone	
	9-10 am Body Blaster Circuit	11am-12pm Strength & Sculpt	8-9am ZUMBA	9:30-10:30am Cardio/Sculpt Interval		
		12:15-1pm Core Challenge	9-10am Body Blaster Circuit	11am-12pm Strength & Sculpt		8:45-9:45am Cardio Blast
	5:30-6:30pm ZUMBA	5:30-6:30pm ZUMBA		12:15-1pm Core Challenge		11:40am- 12:40pm ZUMBA
<b>2-3pm Hoopdance*</b>	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	5-6pm ZUMBA	5:30-6:30pm ZUMBA		
	6:45-7:45pm Cardio/Sculpt Interval			5:50-6:50pm Step & Sculpt		
	7:10-8:10pm Body Sculpt	8:10-9:10pm ZUMBA	6-7pm Total Body Conditioning	6:45-7:45pm Hoopdance*		
<b>*Registration required, classes are not part of the drop-in fee</b>			7:10-8:10pm ZUMBA	7-8pm Total Body Energizer		

Drop-in  
classes pay  
general  
admission

# FITNESS



Please note: Senior Discounts do not apply to Fitness programs

**NOL** Indicates no online registration available

## The Training Studio

Experience a workout environment like no other! Small Group Personal Training classes and Personal Training are held in our private Training Studio (class schedule permitted). Along with customized rubber flooring, the space is outfitted with the latest equipment and workout tools—all of which will boost your workout and your results. The Studio is private and open only to those enrolled in Personal Training or the Small Group classes.

## Balance Training Age 45 & up

Balance is the key to fall prevention, performing our “activities of daily living” well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and balance specific exercises.

10, 45 minute sessions TOH \$49/NR \$65  
**June 18-August 20**  
 121730.20 Tu 10:30-11:15am

9, 45 minute sessions TOH \$44/NR \$59  
**June 20-August 22 (No class 7/4)**  
 121730.40 Th 10:30-11:15am

## CoreFit Age 16 & up

This 30-minute workout will hit all of those little muscles in the core that are hard to hit with your normal workout. Through the use of body weights and training toys, you'll be fit to the core before you know it. To save class time, please warm up before class on your own. Register for both sessions and save 10%.

10, 30 minute sessions TOH \$38/NR \$50  
**June 17-August 19**  
 120130.10 M 6-6:30pm

**June 19-August 21**  
 120130.30 W 6-6:30pm

## Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Register for both sessions and save 10%.

9, 1 hour sessions TOH \$68/NR \$90

**June 25-August 20**  
 120330.20 Tu 8:30-9:30pm

**June 20-August 22 (No class 7/4)**  
 120330.40 Th 8:30-9:30pm

## Intervals for Weight Loss

Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class.

Register for all three days and save 15%.  
 10, 1 hour sessions TOH \$75/NR \$100

**June 17-August 19**  
 120530.10 M 6:30-7:30pm

**June 19-August 21**  
 120530.30 W 6:30-7:30pm

**June 21-August 23**  
 120530.50 F 6-7pm

## Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. This 50-minute workout will give you enough time to get in and out, but will challenge you while here.

Register for all three sessions and save 15%.  
 10, 50 minute sessions TOH \$65/NR \$85

**June 17-August 19**  
 120730.10 M 12:05-12:55pm

**June 19-August 21**  
 120730.30 W 12:05-12:55pm

**June 21-August 23**  
 120730.50 F 12:05-12:55pm

## Foam Roller Demonstration

Age 16 & up

If you've seen foam rollers in our fitness room or personal training studio, but have no idea what they're for, this class is for you! Foam rolling has enormous therapeutic benefits, which include lengthening tight muscles, tendons, ligaments and increasing spinal mobility. Experience relief from knee and back pain with regular foam rolling. We will explain further benefits and techniques, and time will be allotted to practice foam rolling. Rollers will be provided and available for purchase.

1, 45 minute session TOH \$10/NR \$10  
**June 24**  
 127130.10 M 5:30-6:15pm

**July 17**  
 127130.30 W 7:30-8:15pm

## Power Walk! Age 16 & up

Join the walking phenomenon! Power walking is a great way to burn calories, get fit and lose weight. But there is more to it than just “walking faster.” Learn correct techniques to increase speed, accelerate the caloric burn, and strengthen the muscles needed to do so. Discover the secrets of a great walking workout and the “magic number” that torches calories and optimizes health benefits. The class will include walking outdoors (rain or shine, so dress appropriately), plus strength training and stretching. For maximum benefit, you will be asked to practice several times a week on your own. Class will meet in the Community Center lobby.

9, 1 hour sessions TOH \$68/NR \$90  
**June 20-August 22 (No class 7/4)**  
 120230.40 Th 5:30-6:30pm

## Shape Up for Women Age 16 & up

Come shape up and get toned with our 60-minute workout just for women. Our trainers know what it takes to tone a woman's body, so expect results. We'll combine cardio and strength exercises to get a complete workout, with abs and stretching at the end. Register for two sessions and save 10%. Register for three or more and save 15%.

10, 1 hour sessions TOH \$75/NR \$100  
**June 17-August 19**

120930.10 M 6:15-7:15am  
 120930.11 M 10:30-11:30am

**June 19-August 21**  
 120930.30 W 6:15-7:15am  
 120930.31 W 10:30-11:30am

**June 21-August 23**  
 120930.50 F 6:15-7:15am  
 120930.51 F 10:30-11:30am

## Strength Circuit Age 45 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome.

Modifications will be made for individuals with physical restrictions.

10, 45 minute sessions TOH \$49/NR \$65  
**June 17-August 19**

121940.10 M 9:30-10:15am

9, 45 minute sessions TOH \$44/NR \$59  
**June 20-August 22 (No class 7/4)**

121940.40 Th 9:30-10:15am





# FITNESS

## Fast Track Boot Camp

Age 16 & up

Over-committed with vacations, trips and camps this summer? Squeeze in 2 weeks of a challenging full-body workout that includes warm-up, strength training, circuits, core work, flexibility and cool down, all in the comfort of a semi-private, air-conditioned training studio. Also great for students and teachers heading back to school in August.

6, 1 hour sessions TOH \$45/NR \$60

**July 22-August 2**

122730.10 M/W/F 2-3pm

## Stretch, Core and More

Age 16 & up  
For many of us, stretching is an afterthought and our “abs” work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate “functional training” core work, stretching elements from yoga, sport performance, other muscle tone and lengthening exercises.

9, 50 minute sessions TOH \$59/NR \$77

**June 20-August 22 (No class 7/4)**

121230.40 Th 7-7:50am

## Tabata Boot Camp

Age 16 & up  
Join us for a “no-nonsense,” high-intensity Saturday morning boot camp to kick start your weekend. This is a boot camp class like no other. It takes just 30 minutes to blast through this fun and challenging workout. Following the Tabata training system, each exercise will flow through a four-minute structured progression of high-energy bursts and rest intervals. Because of the intense nature of this class, it is recommended that participants warm up for at least five minutes on their own before class begins. The first class is an orientation that includes baseline measurements and skills introduction.

9, 30 minute sessions TOH \$34/NR \$45

**June 22-August 17**

121330.60 Sa 8-8:30am

## Tough Enough for Women

Age 16 & up

Tough Enough is for those looking for an extra workout challenge. Take your fitness to a whole new level with this focused and fun program! You’ll have to work hard, but the result you’ll achieve will be worth it. Save 10% when you sign up for both sessions.

10, 1 hour sessions TOH \$75/NR \$100

**June 18-August 20**

121430.20 Tu 5:30-6:30pm

9, 1 hour sessions TOH \$68/NR \$90

**June 20-August 22 (No class 7/4)**

121430.40 Th 5:30-6:30pm

## Turn Back the Clock

Age 45 & up  
With age, muscle tone and flexibility tend to decrease along with our general activity levels. It’s never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

10, 45 minute sessions TOH \$49/NR \$65

**June 17-August 19**

121830.10 M 8:30-9:15am

**June 19-August 21**

121830.30 W 9:30-10:15am

## 10 POUND CHALLENGE

Age 18 & up

Challenge yourself to lose 10 pounds this summer. With the expertise of a nutritionist and a certified personal trainer, we’ll help you achieve your goal. This program requires a commitment to two meetings per week with the group, as well as work on your own. You’ll receive a fitness and nutrition log to track your progress. Our nutritionist will give you the tools you need for success at each Tuesday meeting at 6:30pm. The fitness classes will be a variety of activities geared toward burning calories, building muscle and enhancing your metabolism (so you’ll burn more calories—even at rest!). Plus you’ll have three different options for your weekly workout session: Tuesdays or Thursdays at 12pm, or Thursday at 6:30pm. If you’re serious about making healthy decisions and living a healthy lifestyle, then the 10 Pound Challenge is for you.

20, 1 hour sessions TOH \$150/NR \$200

**June 18-August 20**

121030.20 Tu 12-1pm

19, 1 hour sessions TOH \$143/NR \$190

**June 13-August 22 (No class 7/4)**

121030.40 Th 12-1pm

121030.41 Th 6:30-7:30pm

## SUMMER 2013 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	8:30-11:30am Volleyball
						12-3pm Youth Basketball
3-6pm Adult Open Gym	8-10pm Adult Basketball	7-10pm Adult Open Gym	7-10pm Adult Volleyball		7-10pm Adult Open Gym	3:30-6pm Adult Open Gym

If inclement weather occurs M-F between 11:30am-2:30pm, open gym will be cancelled.

Friday evening open gym may be cancelled for events.

Youth = 17 years & under. Subject to change. Check monthly schedule.

# FITNESS ROOM



## Small Group Personal Training

Age 16 & up

Explore a new approach to fitness with our Small Group Personal Training (SGPT) programs. Merging the best of traditional Group Exercise and one-on-one Personal Training, SGPT offers many great benefits at an affordable rate. Experience the camaraderie and shared energy of the Group Exercise class setting, while more closely interfacing with a trainer as you would during a one-on-one. Enjoy a customized and progressive workout plan—geared to help you achieve greater results than you would on your own. With four-to-six participants sharing the cost, you'll be amazed at the low per-session rate paid for having an experienced, expert personal trainer guide you. Plus, our well-appointed Personal Training Studio provides an inspiring environment and the resources you'll need to succeed. The classes may be small, but your results and satisfaction will be immense! Offered in 12-week blocks, you can select your classes from a number of different days and times. Find what best fits your schedule; workout once a week or twice? Early morning or late afternoon, or perhaps a combination of days and times? And if you don't see a day and/or time that works for you or your group, give us a call (703-787-7300, and ask for the Fitness Specialist). We may be able to make special arrangements based on your request and availability.

9, 1 hour sessions TOH \$68/NR \$90

**June 24-August 19**

122530.10 M 7:30-8:30am

122530.11 M 4:30-5:30pm

**June 25-August 20**

122530.20 Tu 4:30-5:30pm

**June 26-August 21**

122530.30 W 7:30-8:30am

122530.31 W 4:30-5:30pm

8, 1 hour sessions TOH \$60/NR \$80

**June 27-August 22 (No class 7/4)**

122530.40 Th 4:30-5:30pm

## Personal Training

Age 14 & up

### YOU SHOULD TRY

#### PERSONAL TRAINING...



- ... if you are not seeing results from your own workouts.
- ... if you're new to exercise and don't know how to start.
- ... if you've been using the same workout routine or program for more than three months.
- ... if you need that extra challenge or motivation to improve.
- ... if you have a specific illness, injury or medical condition to deal with.
- ... if you are training for a sport, race or special life event.
- ... if you want to learn how to exercise outside the gym, at home or when traveling.

#### WHAT YOU WILL GET FROM OUR PERSONAL TRAINERS...

Customized, goal-oriented and progressive workout plans.

Assessment/Measurement of your current (and future) fitness levels.

Accountability to help you stick to the plan.

Motivation to execute the plan to the best of your ability.

Education on the how & why of exercise, to help make it a lasting part of your lifestyle.

And most importantly... RESULTS!

\*Call 703-787-7300 and ask to speak to the training staff for more information.

### Personal Training Rates

#### One-on-One Personal Training

TOH Resident/Non-Resident

1, 30 minute session	\$33/\$41
6, 30 minute sessions	\$164/\$205
10, 30 minute sessions	\$222/\$278
1, 45 minute session	\$43/\$54
6, 45 minute sessions	\$215/\$269
10, 45 minute sessions	\$317/\$397

#### Personal Training Starter Pack

3, 30 minute sessions TOH \$90/NR \$120  
New Training Clients Only

#### Partner Personal Training

(per person rates)

<b>2 Person Training</b>	TOH Resident/Non-Resident
1, 45 minute session	\$27/\$68
8, 45 minute sessions	\$192/\$240

## Fitness Room Services

### Fitness Room Orientation **FREE!**

Age 14 & up

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Contact the Fitness Specialist at 703-787-7300 to schedule an appointment (subject to availability).

**June 17-August 23**

### Intro to Weight Lifting Age 12-15

This class is designed for adolescents who are interested in weight lifting. Learn basic exercise specific to body parts, weight lifting breathing techniques and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass and be allowed to use the weight room, with successful completion of this course. Class works around your schedule. Contact the Fitness Specialist at 703-435-6868 x2127 to get registered.

6, 45 minute sessions TOH \$172/NR \$230

**June 10-August 23 By appointment!**

122120.00

## ATHLETIC DEVELOPMENT & TEAM TRAINING **NOL**

Our Athletic Development & Team Training Program offers both individual and group training systems designed to build, develop and maximize athletic and sport performance. Programs offered range from Base Level (general conditioning and foundation building) for beginners through Peak Performance (Sport-Specific) for more advanced athletes. Days, dates and times of sessions can be coordinated between our trainers and your athlete, team or coach. For more information, please call our Fitness Specialist at 703-787-7300 or e-mail [tom.milenkevich@herndon-va.gov](mailto:tom.milenkevich@herndon-va.gov).





# GYMNASTICS/ DANCE

## GYMNASTICS

The department offers a wide range of classes for boys and girls ages 2-13, with fundamental through advanced skills on gymnastic apparatus. Our program prides itself on being able to offer a positive, safe and fun gymnastics learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement.

### Adaptive Age 4-12

Children with disabilities learn basic gymnastics, fitness, movement and games in a safe environment, through music, obstacle fun and fitness activities. Participation will enhance movement, balance, coordination and socialization. Class provides safe instruction and builds confidence. Program is designed with an instructor to participant ratio of 1:2.

8, 30 minute sessions TOH \$24/NR \$32  
**June 22-August 10**  
 170810.60 Sa 1-1:30pm

### Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute sessions TOH \$48/NR \$64  
**June 22-August 10**  
 170000.60 Sa 9-9:45am

### Munchkateers

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

8, 45 minute sessions TOH \$48/NR \$64

### Level 1 Age 3-4

**June 22-August 10**  
 170100.60 Sa 10-10:45am  
 170100.61 Sa 11-11:45am

### Level 2 Age 4-6

**June 22-August 10**  
 170200.60 Sa 12-12:45pm

### Young Beginner Age 5-7

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

8, 45 minute sessions TOH \$48/NR \$64  
**June 22-August 10**  
 170310.60 Sa 1-1:45pm

## USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and correct form.

### Level 1 Age 6-13

No experience necessary, but must be able to learn gymnastic terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

8, 1.5 hour sessions TOH \$72/NR \$96  
**June 22-August 10**  
 170410.60 Sa 2-3:30pm

### Level 2 Age 6-13

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

8, 1.5 hour sessions TOH \$72/NR \$96  
**June 22-August 10**  
 170510.60 Sa 2-3:30pm

### Level 3 Age 6-13

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

8, 1.5 hour sessions TOH \$72/NR \$96  
**June 22-August 10**  
 170610.60 Sa 2-3:30pm

## DANCE

Whether you aspire to become a professional dancer or you just want to improve your coordination, get some exercise, or have some fun, there's something for everyone in the Parks and Recreation Department's dance program. The dance program offers complete training in a wide variety of dance disciplines and related movement for children, aged two years and up, and beginners through advanced levels. All of our instructors are fully qualified professionals, possessing many years of teaching experience. All teachers are dedicated to creating a truly caring environment for the younger child and a more challenging curriculum for older students. Dancing is a great way for people of all ages to get and stay in shape, while inspiring a sense of well-being. From our tiniest ballerina to our belly dancers, dancing helps build flexibility, strength and endurance, and contributes to a positive outlook.

## Youth

### Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

# DANCE



8, 45 minute sessions TOH \$55/NR \$73

**June 25-August 13**

141100.21 Tu 4:15-5pm

**June 22-August 10**

141100.61 Sa 9:30-10:15am

141100.62 Sa 4-4:45pm

## Ballet

Basics for all dance forms. Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends.

8, 45 minute sessions TOH \$55/NR \$73

**June 22-August 10**

**Beginner** Age 3-5

141210.61 Sa 10:15-11am

141210.62 Sa 1:30-2:15pm

**Intermediate** Age 3-5

141410.61 Sa 11-11:45am

**Beginner/Intermediate** Age 4-6

141310.61 Sa 2:15-3pm

**Advanced** Age 4-6

141610.62 Sa 11:45am-12:30pm

**Ballet/Tap/Jazz** Age 6-10

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills. Two sessions experience needed.

8, 1 hour sessions TOH \$55/NR \$73

**June 22-August 10**

142610.61 Sa 3-4pm

## Combination Dance

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm

offering the student experience in tap, ballet and tumbling technique.

8, 1 hour sessions TOH \$55/NR \$73

**Age 3-5**

**June 22-August 10**

142050.61 Sa 12:30-1:30pm

**Age 4-6**

**June 25-August 13**

142050.21 Tu 5-6pm

**Age 6-10**

**June 17-August 5**

142050.11 M 3:30-4:30pm

## Hip-Hop

This fun and upbeat style of dance focuses on coordination and strength. Hip-hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

8, 1 hour sessions TOH \$55/NR \$73

**Age 4-6**

**June 20-August 15 (No class 7/4)**

145310.41 Th 4:30-5:30pm

**Age 6-8**

**June 17-August 5**

145310.11 M 4:30-5:30pm

**Age 6-8**

**June 20-August 15 (No class 7/4)**

145310.42 Th 5:30-6:30pm

**Age 8-12**

**June 19-August 7**

145310.31 W 5-6pm

**June 22-August 10**

145310.61 Sa 4:45-5:45pm

## Adult

**Ballet Technique** Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 1.5 hour sessions TOH \$82/NR \$105

**June 25-August 13**

141230.21 Tu 6:30-8pm

**June 20-August 15 (No class 7/4)**

141230.41 Th 6:30-8pm

**Latin** Age 16 & up

You will learn the basics in "Salsa and Merengue." Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic foot work and variations of simple turn patterns. Cha Cha, Rumba, Tango and Salsa are covered. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

**June 19-August 7**

142230.41 W 8-9pm

**Swing** Age 16 & up

Learn to jump, jive and wail by learning the triple swing, single swing and East Coast swing. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

**June 19-August 7**

141130.31 W 6-7pm

**Salsa** Age 16 & up

Learn the basic rhythm, step patterns and technique of this popular Latin dance. Whether you're looking to learn this dance for the first time or to brush up on some of the basics—this is the perfect class for you. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

**June 19-August 7**

141231.31 W 7-8pm

**Belly Dance** Age 16 & up

A fun, low-impact cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture.

8, 1 hour sessions TOH \$55/NR \$73

**June 17-August 5**

**Belly Dance I**

143230.11 M 6-7pm

**Belly Dance II**

143230.12 M 7-8pm





# OUTDOOR TENNIS

Tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories. Completion of a session does not automatically qualify the student to advance to the next level of classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level. Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

## No classes July 4

### Pee Wee Age 4-5

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 30 minute sessions TOH \$47/NR \$63

#### June 18-July 16

171000.20 Tu/Th 4-4:30pm  
171000.21 Tu/Th 4:30-5pm

#### July 23-August 15

171000.22 Tu/Th 4-4:30pm  
171000.23 Tu/Th 4:30-5pm

## Youth

### Beginner Age 6-8

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 45 minute sessions TOH \$68/NR \$90

#### June 18-July 16

171110.20 Tu/Th 5-5:45pm

#### June 22-August 10

171110.60 Sa 9-9:45am

#### July 23-August 15

171110.21 Tu/Th 5-5:45pm

### Advanced Beginner Age 6-8

8, 45 minute sessions TOH \$68/NR \$90

#### June 17-July 10

171111.10 M/W 5-5:45pm

#### June 18-July 16

171111.20 Tu/Th 5-5:45pm

#### June 22-August 10

171111.60 Sa 10-10:45am

#### July 22-August 14

171111.11 M/W 5-5:45pm

#### July 23-August 15

171111.21 Tu/Th 5-5:45pm

### Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

#### June 18-July 16

171210.20 Tu/Th 6-7pm

#### June 22-August 10

171210.60 Sa 11am-12pm

#### July 23-August 15

171210.21 Tu/Th 6-7pm

### Advanced Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171211.10 M/W 6-7pm

#### June 18-July 16

171211.20 Tu/Th 6-7pm

#### July 22-August 14

171211.11 M/W 6-7pm

#### July 23-August 15

171211.21 Tu/Th 6-7pm

### Intermediate Age 11-15

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171213.10 M/W 7-8pm

#### June 22-August 10

171213.60 Sa 11am-12pm

#### July 22-August 14

171213.11 M/W 7-8pm

### Advanced Age 12-15

8, 1 hour sessions TOH \$68/NR \$90

#### June 18-July 16

171214.20 Tu/Th 7-8pm

#### July 23-August 15

171214.21 Tu/Th 7-8pm

### High School Level Age 14-17

8, 1 hour sessions TOH \$68/NR \$90

#### June 22-August 10

171315.20 Sa 12-1pm

## Adult

### Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171530.10 M/W 6-7pm

#### June 22-August 10

171530.60 Sa 8-9am

#### July 22-August 14

171530.11 M/W 6-7pm

### Advanced Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171531.10 M/W 7-8pm

#### June 22-August 10

171531.60 Sa 9-10am

#### July 22-August 14

171531.11 M/W 7-8pm

### Intermediate Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171532.10 M/W 8-9pm

#### June 22-August 10

171532.60 Sa 10-11am

#### July 22-August 14

171532.11 M/W 8-9pm

### Doubles Play Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171534.10 M/W 10-11am

#### July 22-August 14

171534.11 M/W 10-11am

### Cardio Adult Age 16 & up

This program includes a short dynamic warm-up, a drill-based workout, and a cool-down phase. Each one has drills specifically designed to be fun, challenging and to get you moving. You will hit forehands, backhands and volleys. However, this is not about making you a great player. First and foremost, Tennis Fitness is a great workout. You run, you hit balls, you jump, you recover, and you have fun.

8, 1 hour sessions TOH \$68/NR \$90

#### June 17-July 10

171535.10 M/W 9-10am

#### July 22-August 14

171535.11 M/W 9-10am

## NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### 1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

# SPECIAL EVENTS



## Kids Triathlon

September 22, 7am

This kids triathlon gives youngsters a great opportunity to compete in one of the fastest growing sports in the United States. This event is designed for any youth, ages 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all of our young triathletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a custom medal when they cross the finish line.

Detailed event information will be available June 17 and posted online at [www.herndon-va.gov](http://www.herndon-va.gov) (parks and recreation department) and at the Herndon Community Center. Registration will be available online at [www.herndon-va.gov](http://www.herndon-va.gov), [www.active.com](http://www.active.com), or in person at the Herndon Community Center.

Event will be held in and around the Herndon Community Center. Swim in HCC indoor pool; Bike-W&OD Trail; Run W&OD Trail and surrounding roads.

### REGISTRATION OPENS JULY 10TH

#### FEES

July 10-August 9	\$35
August 10-September 11	\$40
September 12-20	\$45

		SWIM	BIKE	RUN
257010.10	Ages 6-8	50m	1.1 mile	0.6 mile
257010.11	Ages 9-11	100m	2 mile	1 mile
257010.12	Ages 12-13	150m	4 mile	1.4 mile
257010.13	Ages 14-16	150m	4 mile	1.4 mile

Ages as of December 31, 2013

## NatureFest

September 29, 1-5pm

**Celebrate nature at Runnymede Park!**  
**Explore nature and learn as you talk with our nature experts!**

Bring your youngster to this family-focused, free event to explore various stations throughout the park that include hands-on activities, educational events, wildlife visitors and crafts.

#### Stations include:

- Fish Shocking • Bats • Butterflies • Bees • Native Plants
- Web of Life • Forest Habitats • Stream Life • Wildlife
- Rain Gardens • Streams and Watersheds • Life in the Meadow

**Volunteers Needed:** If you would like to volunteer, please contact  
**The Friends of Runnymede Park at [friendsofrp@yahoo.com](mailto:friendsofrp@yahoo.com).**

#### Parking Availability:

1. Ride the FREE shuttle bus from the satellite parking at the Herndon Police Station, Herndon Parkway.
2. Bike or walk.
3. Park along Herndon Parkway (space is limited, we encourage carpooling).

## Herndon Garden Tour

Sunday, June 23

Noon-4pm

Ticket Information:

\$10 in advance;

\$15 on the day of the tour

Available in advance at:

Herndon Community Center,

814 Ferndale Avenue

Herndon Florist, 716 Lynn Street

ArtSpace Herndon, 750 Center Street

Online at [www.herndon-va.gov/webtrac](http://www.herndon-va.gov/webtrac)

Tickets available the day of the tour at the

Herndon Community Center and

ArtSpace Herndon

703-435-6800 x2222

[www.herndon-va.gov](http://www.herndon-va.gov)

Tour produced by the Town of Herndon's  
Cultivating Community Initiative



# SPECIAL EVENTS

## Farmers' Market Fun Days

FREE AND  
OPEN TO THE  
PUBLIC

Performances 10:30-11:15am on Thursdays  
Held on the Town Green at 777 Lynn Street, Herndon, VA

Browse the market for locally grown delicious fresh vegetables and fruits before or after the show.

**Paul Hadfield:  
The Funny Guy**  
Comedy and  
Magic that Amazes  
and Delights all  
ages!

7.11

**Wild Zafari**  
Amazing Animals  
of the World:  
Exotic Reptiles,  
birds, and more!

7.18

**Zoo To You**  
Live mammal-  
Animal's!

7.25

**Jake the Magician**  
Comedy and  
Magic that  
Amazes and  
Delights all  
ages!

8.1

**Rich Potter Four Eyes**  
A Kajillion Laughs!

8.8

**Rocknoceros**  
Herndon's  
Favorite  
Kid-friendly  
Power Trio!

8.15

**Now This!**  
Interactive Musical  
Children's Theatre!

8.22

**Grandsons Jr.**  
An upbeat mix of  
Americana music  
kids AND their  
parents will dig!

8.29

## 4th of July

Start planning now to meet friends and family at our 4th of July Celebration at Bready Park. Sit back, relax, and enjoy the live music. The whole family can enjoy the children's arts & crafts, bingo and games, plus food may be purchased at the event. At dark, watch a spectacular fireworks display synchronized to music! Admission is free, so come out and enjoy the festivities! Activities begin at 6:30pm, and fireworks at 9:30pm. Parking is limited-skip the hassle of driving and enjoy a walk to the celebration. If you do drive, parking is available at Herndon Middle School and the Herndon Community Center.



# SUMMER CAMPS



The department offers a variety of camp formats, including multi-week offerings, half-day and full-day camp programs.

All camps require the department's General Registration Form to be fully completed and submitted with payment. Several camps require additional forms to be completed, as is stated in the camp description. Forms are available online at [www.herndon-va.gov](http://www.herndon-va.gov). Full payment is due at the time of registration. Several camps have Parent Handbooks that include detailed program information. Parent Handbooks will be available online, or by request.

Refund Cancellation Policy: Prior to enrolling, please read the department's refund policy, which is at [www.herndon-va.gov](http://www.herndon-va.gov). The policy is listed with "About Parks and Recreation." Full refunds are issued if a camp is cancelled by department staff, or due to minimum enrollment not being met.

## Summer Fun Age 6-11

Our experienced camp staff is ready to take your kids on a great adventure, featuring exciting field trips, theme week crafts, thrilling games, sports and much more. Activities are planned around themes weekly and a field trip is offered each week at an additional cost. Camp is held outdoors at Bready Park and indoors at the Herndon Community Center. Campers swim twice a week at the HCC indoor pool. Each day, bring a lunch and a snack (no peanut products please), and wear play clothes and tennis or closed-toe shoes. Personal items are the responsibility of the participant. The following forms must be on file prior to participation in the camp: Department's General Registration Form, Camper Information Form and Authorization for Pick-up. Forms and the Parent Handbook are available at the Herndon Community Center front desk or are also available online at [www.herndon-va.gov](http://www.herndon-va.gov); click on Parks & Recreation.

To meet your summer child care needs, camp hours are Monday through Friday, 7:30am to 6pm. We strongly encourage all children to arrive by 9am. Camp will not be held July 4.

Please attend the Parent Meeting on **Wednesday, June 19 at 6:30pm** at the Herndon Community Center. This meeting is for adults only.

### Session I

14, 10.5 hour sessions TOH \$221/NR \$295  
**June 24-July 12** 186110.01

### Session II

15, 10.5 hour sessions TOH \$236/NR \$315  
**July 15-August 2** 186110.02

### Session III

10, 10.5 hour sessions TOH \$161/NR \$215  
**August 5-16** 186110.03

## Teen Discovery Age 12-15

Teen Discovery allows teenagers to spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip. There are different destinations each session. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations. Program is held M-F, 10am-5pm. Program will not be held July 4.

Please attend the Parent Meeting on **Wednesday June 19, 7pm** at the Herndon Community Center.

## Session I: Kings Dominion, Ropes Course, Beach

9, 7 hour sessions TOH \$263/NR \$350  
**June 24-July 5** 186220.10  
(No camp 7/4)

## Session II: Paintball, Zoo, Water Park

10, 7 hour sessions TOH \$278/NR \$370  
**July 8-19** 186220.11

## Session III: Kings Dominion, Rafting, Pottery

10, 7 hour sessions TOH \$278/NR \$370  
**July 22-August 2** 186220.12

## Session IV: Horseback Riding, Laser Tag, Tubing

10, 7 hour sessions TOH \$278/NR \$370  
**August 5-16** 186220.13

## Teen Discovery Early Bird Age 12-15

Need to get to Teen Discovery earlier?

Camp is open with supervision for registered campers only.

9, 1.5 hour sessions TOH \$34/NR \$45  
M-F 8:30-10am  
**June 24-July 5** 186221.10  
(No program 7/4)

10, 1.5 hour sessions TOH \$38/NR \$50  
**July 8-19** 186221.11  
**July 22-August 2** 186221.12  
**August 5-16** 186221.13





# SUMMER CAMPS

## Preschool Play Camp Age 4-5

Themed activities include arts and crafts, music, drama, games and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt and weekly swim-n-splash day. Children must be potty-trained. Parents will be asked to provide a snack for one day for each session enrolled. Camp is licensed through the State of Virginia Social Services Department, which requires we see your child's original or a certified copy of the birth certificate or passport. Prior to the start of the program, the following forms need to be on file for your child to participate in the program: General Registration, Physical & Immunization Records, Authorization for Pick-up and Camper Information Forms. Forms will be available online or a paper version can be requested.

### Camp Themes

June 24-July 5	<b>Down on the Farm</b>
July 8-19	<b>Around the Neighborhood</b>
July 22-August 2	<b>Super Science</b>
August 5-9	<b>Deep Blue Sea</b>

**Age 3-4** M-F **9:30am-12pm**  
(must be 3 years old by May 1, 2013)

9, 2.5 hour sessions TOH \$99/NR \$132  
**June 24-July 5 (No camp 7/4)** 186000.11

10, 2.5 hour sessions TOH \$109/NR \$145  
**July 8-19** 186000.12  
**July 22-August 2** 186000.13

5, 2.5 hour sessions TOH \$64/NR \$85  
**August 5-9** 186000.14

**Age 4-5** M-F **1-3:30pm**  
(must be 4 years old by May 1, 2013)

9, 2.5 hour sessions TOH \$99/NR \$132  
**June 24-July 5 (No camp 7/4)** 186000.15

10, 2.5 hour sessions TOH \$109/NR \$145  
**July 8-19** 186000.16  
**July 22-August 2** 186000.17

5, 2.5 hour sessions TOH \$64/NR \$85  
**August 5-9** 186000.18

## Storybook Dance Camps

Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a dance party will be held for parents on the last day of each camp. Send snack/lunch daily (no peanut products). Campers will swim at the community center's indoor pool (optional) twice each week. The Camp Director will notify parents in advance. Campers may walk to the Thursday Farmers' Market Fun Day children's performance at 777 Lynn Street (send shorts/T-shirt/sneakers).

### Dancing Fairies Age 3-4

Join a world where butterflies, flowers, gnomes and dragonflies flourish and fairies rule. Our newest storybook camp is built around this theme, where our youngest dancers can exercise their imaginations to the fullest, while exercising their balance and coordination through pre-ballet and basic tumbling. This multi-arts camp will include many art projects focused on using imagination, story time and swimming. 10, 4 hour sessions TOH \$180/NR \$240

**June 17-28**  
184000.11 M-F 9am-1pm

### Dancing Princess Age 4-6

Your own princess will work on the fundamentals of ballet, tap and tumbling. Camp is based around classic princesses from the Ballet such as: Odette, Aurora and Clara, as well as the Disney princesses. We will begin teaching the fundamentals of healthy eating, and the girls will create craft items fit for a princess! Story time and dance movies will help prepare the young dancer to take on the character and grace of a princess as they perform. Ballet slippers, tap shoes, leotard and tights required. 9, 5 hour sessions TOH \$203/NR \$270

**July 1-12 (No camp 7/4)**  
184000.12 M-F 9am-2pm

## Under the Sea Age 3-4

Themed around *The Little Mermaid*, your child will learn pre-ballet technique, work on coordination through basic tumbling, and prepare dances to musical numbers from Disney's *The Little Mermaid*. Our littlest mermaids will enjoy story time and create themed craft projects that are sure to exercise their imagination each day! Ballet slippers, leotard and tights required. 10, 4 hour sessions TOH \$180/NR \$240

**August 12-23**  
184000.13 M-F 9am-1pm

## Cinderella Age 5-8

Designed around the classic fairy tale *Cinderella*, your dancer will learn the basic techniques of ballet and tap, while improving coordination through tumbling. Daily art projects will provide stimulation and an outlet for developing imaginations. Ballet slippers, tap shoes, leotard and tights required. 10, 6 hour sessions TOH \$270/NR \$360

**July 29-August 9**  
184000.14 M-F 9am-3pm

## Lion King Hip-Hop and Acro

Age 5-8

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet and jazz, while concentrating on modern moves through hip-hop and basic tumbling! This is a great camp to exercise imagination and theatrical character-building through movement as animals. Campers will spend their days in the animal kingdom and jungles they create. Themed crafts, stories and dance movies with emphasis on character creation will be part of their daily experience. Ballet slippers, jazz shoes, leotard, tights and shorts required. 10, 6 hour sessions TOH \$270/NR \$360

**July 15-26**  
184000.15 M-F 9am-3pm

# SUMMER CAMPS



## Nature Explorers Camp

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, you will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut products). T-shirts included. Camp meets at Runnymede Park. Field trip included for 7-9-year-old age group.

### Age 4-6

5, 2 hour sessions TOH \$98/NR \$130  
M-F 9-11am

### Backyard Safari

July 8-12 186310.10

### The Birds and the Trees

July 22-26 186310.11

### Water Wonders

August 12-16 186310.12

### Age 7-9 (Includes field trip)

5, 6 hour sessions TOH \$131/NR \$175  
M-F 9am-3pm

### Habitat Detectives

June 24-28 186310.13

### Geology Rocks

July 15-19 186310.14

### Investigate Invertebrates

August 5-9 186310.15

## Engineering with LEGO®

Let your imagination run wild with over 100,000 pieces of LEGO®! In this fun-filled, creative class, participants learn building techniques that help make their ideas a reality, with the guidance of an experienced Play-Well TEKnologies instructor.

Instructors demonstrate new projects daily, and provide inspiration for participants to take their creations further. Please bring a snack/drink each day.

5, 3 hour sessions TOH \$159/NR \$199  
M-F

August 19-23

## PRE-Engineering Age 5-6

Experience an introduction to engineering with LEGO®.  
9am-12pm 186410.11

## Engineering FUNDamentals

Age 7-11

Apply real-world concepts in physics, engineering and architecture through projects designed by engineers.  
1-4pm 186410.12

## 3-D Lego Design Age 5-8

With our technology driven world, it's important to prepare our children for their future. In 3-D Lego Design, we take the fun concept of traditional Legos and combine it with the digital world of 3-D modeling. Students will interact with real-life Legos and then re-create them digitally in the computer. They will learn to create 3-D characters, environments, props, vehicles and more using basic computer skills, perspective, 3-D modeling techniques, simple mathematics and problem-solving skills. By the last class, students will receive a link to download the software and student files. Please bring a snack and drink each day.

5, 3 hour sessions TOH \$275/NR \$365

### August 5-9

186510.11 M-F 9am-12pm

## Jr. Video Game Design

Specifically designed to cultivate interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3-D Game Design, using award-winning Platinum Arts Sandbox. Students will learn to customize game attributes and build a virtual world from scratch to create their own video game. Please bring a snack and drink each day.

5, 3 hour sessions TOH \$275/NR \$365

### Age 6-9

#### June 24-28

186519.11 M-F 9am-12pm

## Age 9-12

### July 15-19

186610.11 M-F 9am-12pm

## Kids on the Runway Age 9-12

From Leonardo da Vinci to Louis Vuitton, this is the place to create your own unique style. Inspired by designers and artists who focus on the world of high fashion and design. Create dresses or shirts and design cool accessories. Try out your creative ideas on sneakers or high heels. Get ready for the ultimate kids runway show, featuring unique portfolio designs created by you! Instruction provided by Abrakadoodle.

5, 3 hour sessions TOH \$133/NR \$177

### Age 5-9

#### August 12-16

181210.12 M-F 9am-12pm

### Age 9-12

#### August 12-16

181210.13 M-F 1-4pm

## Dreaming of the Future Camp Age 9-12

Have you ever dreamed of being a super sleuth, a superhero or heroine, race car driver, architect or space explorer? Follow the clues to create an artist's sketch of the perpetrator. Learn about fingerprinting and make your own special fingerprint art. Show your super might in a photo illustration. There's a little competition—and fun, as you create and race your own race car. Put your imagination into overdrive, as you design a city for the future. Explore outer space while learning about the Hubble Telescope. Build and name your own star! There will be future-focused games, music and a new adventure every day! Instruction provided by Abrakadoodle.

5, 3 hour sessions TOH \$133/NR \$177  
M-F

#### August 19-23

### Age 5-9

181810.11 9am-12pm

### Age 9-12

181810.12 1-4pm





# SUMMER CAMPS

## Sports

Sports camps meet at the Herndon Community Center, Bready Park Soccer Field. Basketball will meet at the outdoor basketball courts. Each day, bring a water bottle and snack (no peanut products).

### Happy Feet Soccer Age 3-6

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Kid-friendly curriculum is used to ensure kids are having an absolute blast while developing essential physical skills. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

#### Age 3-4

5, 45 minute sessions TOH \$45/NR \$59

#### July 15-19

187000.11 M-F 9-9:45am

#### August 5-9

187000.12 M-F 9-9:45am

#### Age 5-6

5, 1 hour sessions TOH \$45/NR \$59

#### July 15-19

187000.14 M-F 10-11am

#### August 5-9

187000.15 M-F 10-11am

### Nova Legend Soccer Age 6-12

Don't miss an opportunity to continue development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer-related games using your developing skills. Scrimmages and games will also continue to aid in the player's development. Bring a soccer ball labeled with child's first and last name.

5, 3 hour sessions TOH \$132/NR \$176

#### June 24-28

187100.10 M-F 9am-12pm

### Skateboard Age 6-12

Do you love Extreme Sports? This camp is packed with safe, fun and thrilling activities for beginner to intermediate skateboarders! Under the supervision of American Inline instructors, you will receive instruction on how to safely ride, turn, approach ramps, rock-to-fakie, rock n' roll, kick turn, and more all in a safe, positive environment. Instruction is separated by age and ability. Each day includes instruction, skating games and jam time. Participants will receive a camp T-shirt and skateboard stickers. Helmets are mandatory, and bring knee and elbow pads, water, and a snack each day (please no peanut products).

4, 3.5 hour sessions TOH \$141/NR \$188

#### July 1-5 (No program 7/4)

187180.10 M-F 9am-12:30pm

### Basketball Age 6-12

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes.

5, 2 hour sessions TOH \$90/NR \$120

#### August 5-9

187210.10 M-F 9-11am

### Sports Sampler Age 3-6

Enhance your child's hand-eye coordination, gross motor skills and confidence through a sampling of sports. They will play soccer, T-ball/baseball, kickball, golf, parachute games, and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Instruction provided by Amazing Athletes.

#### Age 3-4

5, 30 minute sessions TOH \$30/NR \$40

#### July 8-12

187400.10 M-F 10:35-11:05am

#### July 22-26

187400.11 M-F 10:35-11:05am

### Age 5-6

5, 1.5 hour sessions TOH \$60/NR \$80

#### July 8-12

187400.12 M-F 9-10:30am

#### July 22-26

187400.13 M-F 9-10:30am

### Multi-Sport Age 7-11

Amazing Athletes provides a unique, tried and proven, fun-filled sports program that incorporates physical fitness, muscle tone, and gross motor skills, while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse. A fun and positive learning experience that will help your child develop the basic fundamentals of sports, as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!

5, 3 hour sessions TOH \$120/NR \$160

#### July 15-19

187510.10 M-F 9am-12pm

### Table Tennis Age 5-13

Want to learn more about table tennis? This camp will focus on hand-eye coordination, ready position, and the basics in ping-pong grips and strokes. Participants will be divided into age groups, and a ping-pong machine will be used to reinforce the correct stroke. Please bring a snack (no peanut products) and drink each day. Swimming will be provided throughout the week and parents will be given a schedule on the first day of camp (No swimming on Monday).

5, 3 hour sessions TOH \$135/NR \$180

M-F 9am-12pm

#### July 8-12

187910.10

#### July 29-August 2

187910.11

# SUMMER CAMPS



## Gymnastics

Missed the chance to take gymnastics during the school year or want to improve and stay on top of your skills? Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. Family members and friends are invited to a demonstration of new and/or improved skills on the last day of camp. T-shirt included. Each day, bring a snack/drink (no peanut products).

### Girls Age 6-13

9, 5 hour sessions TOH \$203/NR \$270  
M-F 10am-3pm  
**June 24-July 5 (No class 7/4)** 188110.10

10, 5 hour sessions TOH \$225/NR \$300  
M-F 10am-3pm  
**July 8-19** 188110.11  
**July 22-August 2** 188110.12

5, 5 hour sessions TOH \$112.50/NR \$150  
M-F 10am-3pm  
**August 5-9** 188110.13

### Boys Age 6-13

9, 5 hour sessions TOH \$203/NR \$270  
M-F 10am-3pm  
**June 24-July 5 (No class 7/4)** 188210.10

10, 5 hour sessions TOH \$225/NR \$300  
M-F 10am-3pm  
**July 8-19** 188210.11  
**July 22-August 2** 188210.12

5, 5 hour sessions TOH \$112.50/NR \$150  
M-F 10am-3pm  
**August 5-9** 188210.13

## Munchkateer Camp

The Munchkateer program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

### Munchkateers I Age 3-4

9, 45 minute sessions TOH \$41/NR \$54  
M-F 9-9:45am  
**June 24-July 5 (No class 7/4)** 188000.10

10, 45 minute sessions TOH \$46/NR \$60  
M-F 9-9:45am  
**July 22-August 2** 188000.11

### Munchkateers II Age 4-5

10, 45 minute sessions TOH \$46/NR \$60  
M-F 9-9:45am  
**July 8-19** 188010.10

5, 45 minute sessions TOH \$23/NR \$30  
M-F 9-9:45am  
**August 5-9** 188010.11

### Acro Camp Age 6-13

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Each day, bring a bathing suit, towel, lunch, snack and a large T-shirt for crafts.

5, 6 hour sessions TOH \$135/NR \$180  
**August 12-16** 188310.10 M-F 9am-3pm

## Tennis

Camps are held at the Bready Park Tennis Complex at the Herndon Community Center, Monday-Thursday, with Friday reserved as a makeup day. Bring water bottle and a snack (no peanut products) each day. T-shirt included. Pee Wee camp participants are only required to bring their own mini-racquets. Other equipment will be provided. Instructor-student ratio is six to one. For ages 8-15, participants must provide own racquet and one can of new tennis balls. Instructor-student ratio is eight to one.

### Age 4-5

One is never too young to learn the game of a lifetime sport. We will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques.

4, 30 minute sessions TOH \$32/NR \$43  
M-Th 9:45-10:15am

**June 24-27** 188400.10

**July 8-11** 188400.11

**July 15-18** 188400.12

**July 22-25** 188400.13

**July 29-August 1** 188400.14

**August 5-8** 188400.15

### Age 6-7

4, 30 minute sessions TOH \$32/NR \$43  
M-Th 10:20-10:50am

**June 24-27** 188510.10

**July 8-11** 188510.11

**July 15-18** 188510.12

**July 22-25** 188510.13

**July 29-August 1** 188510.14

**August 5-8** 188510.15

### Age 8-15

Designed for all levels and taught by our highly trained instructors. Grouped by ability, each camp features comprehensive on- and off-court instruction, skill learning, games, and practice matches.

8, 2 hour sessions TOH \$77/NR \$102  
M-Th

**July 8-18** 188610.10 8-10am  
188610.11 10:15am-12:15pm

**July 22-August 1** 188610.12 8-10am  
188610.13 10:15am-12:15pm

**August 5-15** 188610.14 8-10am  
188610.15 10:15am-12:15pm





# MARTIAL ARTS/ ARTS & CRAFTS

## Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We will teach children the basics, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises will be introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

8, 30 minute sessions TOH \$72/NR \$96

**June 28-August 16**

172000.50 F 6-6:30pm

**June 29-August 17**

172000.60 Sa 1:45-2:15pm

## Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 45 minute sessions TOH \$36/NR \$48

**June 24-August 12**

172250.10 M 5-5:45pm

8, 1 hour sessions TOH \$36/NR \$48

**June 28-August 16**

172250.50 F 7:05-8:05pm

## Martial Arts Self Defense Age 7-12

We will help your child build mental and physical self-confidence while learning the basics of Martial Arts Self-Defense.

Instruction will include techniques on kicking, punching, blocking and techniques to deter bullies. Instruction provided by certified Black Belt instructors under the supervision of World Karate Hall of Fame Member, Master Adam Sterner. Equipment may be purchased at the first class for \$45.

8, 30 minute sessions TOH \$72/NR \$96

**June 28-August 16**

172310.50 F 6:30-7pm

## Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introduction class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class, teaching techniques for use in shinsa and shia. Anyone over 13, of any skill level, is welcome. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 1.5 hour sessions TOH \$48/NR \$60

**June 23-August 11**

172550.00 Su 11:15am-12:45pm

**June 26-August 14**

172550.30 W 8:20-9:50pm

**June 28-August 16**

172550.50 F 8:15-9:45pm

## Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent. Due to the emphasis on inward focus, it has been referred to as a moving zen.

Considered a complimentary discipline to kendo. Students of all skill and age levels are welcome. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

8, 1 hour sessions TOH \$32/NR \$42

**June 23-August 11**

172650.01 Su 1-2pm

## ARTS & CRAFTS

### Multi-Level Knitting Age 18 & up

Join us for a multi-level knitting class, which will cover the very basic skills up through more advanced knitting techniques including knitting in-the-round, cable, lace stitches, color work and entrelac. All these skills and more will be learned through creating various projects such as sweaters, hats, mittens, scarves and more.

8, 2 hour sessions TOH \$65/NR \$81

**July 2-August 20**

110230.21 Tu 10am-12pm

## Art in Hand Age 1-6

Make a colorful splash with us this summer in this parent/child class specially designed for the youngest artists! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction, inspired by the colors and textures of the season. Our developmental approach will stimulate the senses, spur imaginations and support emerging language, social and problem-solving skills. Most of all, tots and their grown-ups can be creative, have fun and make the mess away from home.

8, 45 minute sessions TOH \$108/NR \$144

**June 21-August 16 (No class 7/5)**

### Age 1-3

110400.51 F 9:45-10:30am

### Age 2-6

110401.51 F 10:45-11:30am

## Art Expressions Age 5-8

What is art but a story you see? Let stories, music, dreams, emotions, and your favorite things inspire your creativity. Students will work with a variety of mediums and explore styles of art from abstract to realistic.

Methods will include drawing, painting and collage. Supplies included.

5, 1 hour sessions TOH \$65/NR \$82

### Age 5-6

M-F 10-11am

**June 24-28** 181000.11

**July 8-12** 181000.12

**July 15-19** 181000.13

**July 22-26** 181000.14

### Age 7-8

M-F 11:15am-12:15pm

**June 24-28** 181050.11

**July 8-12** 181050.12

**July 15-19** 181050.13

**July 22-26** 181050.14

The Art Expressions classes will be held at Art Space, 750 Center Street. Instruction provided by Alexandra Middlebrooks, who is currently a Fine Arts student at James Madison University and studied with Lassie Corbett.

# SPECIAL INTEREST



## Music Together Age 5 & under

Music Together is an internationally-recognized, early childhood music education program for children and the adults that love them! Come join us for singing, dancing, instrument playing and fun! Adult participation required.  
6, 45 minute sessions TOH \$105/NR \$140  
**July 12-August 16**  
149000.10 F 9:30-10:15am  
149000.11 F 10:30-11:15am

## Kid's Night Out Age 5-11

Take the night off while your child has some fun with their friends at our newly updated themed Kid's Night Out. Children will enjoy a pizza or sub dinner, watch a movie, and participate in games and other activities all incorporating that night's theme! This is not a drop-in program. Participants must be registered by 4pm on the day of the event. Program meets on Fridays, 6:30-10pm at the Herndon Community Center. Please contact Thomas Schoenauer at [thomas.schoenauer@herndon-va.gov](mailto:thomas.schoenauer@herndon-va.gov) or 703-435-6800 x2109 48-hours in advance if your child requires any special accommodations or assistance.  
1, 3.5 hour session TOH \$15/NR \$15  
**July 12** **Game Night**  
160010.50  
**August 2** **Super Hero Party**  
160010.51

## Mom's Night Out Age 16 & up

Here's your chance to get out in the company of your peers for some play time of your own. This is an art workshop for non-artists: a chance to explore some fail-safe techniques and art media; a chance to express yourself in a new way; a chance to create something special; a chance to spend some uninterrupted time focusing on You and connecting with your peers. Each workshop offers the opportunity to start a new project or come back to continue a work in progress. Facilitated by art therapist, Julie Liddle, founder and director of the Art in Hand program.  
1, 2 hour session TOH \$40/NR \$40  
**June 13**  
110030.41 Th 7:30-9:30pm  
**August 8**  
110030.42 Th 7:30-9:30pm

## Rambles in Runnymede

Age 8 & up  
Programs are free and open to adults and children, age 8 and up. These events are not appropriate for younger children. Registration is preferred. Meet at the picnic shelter near the entrance to the park, 195 Herndon Parkway. Dress for the weather.  
1, 1 hour session  
Su 2-3:30pm

## Nature Beneath Your Feet

More than just sand, silt and clay, soil is teeming with algae, fungi and countless small animals. Learn about this rarely seen, much underappreciated and fascinating world.  
**July 21**  
160050.01

## Meadow Walk

Follow a trail into the meadow at its flowering peak. Check flowers for butterflies, spiders and other insects and watch them do their thing.  
**August 25**  
160050.02

## Hoop Dance for Kids Age 6-12

Hooping for kids includes many of the basic moves of hoopedance, along with games and more hoop fun! Children can bring their own hoops or borrow one from the instructor.  
7, 1 hour sessions TOH \$41/NR \$54  
**July 7-August 18**  
169930.71 Su 1-2pm

## CPR/AED for Adult All ages

Participants are taught by an American Heart Association certified instructor, the basics of CPR for Adults, Children and Infants. Instruction on AED use is also included. Registration deadline is May 16.  
1, 3 hour session TOH \$60/NR \$60  
**June 30**  
160850.01 Su 2-5pm  
**July 16**  
160850.02 Tu 6-9pm  
**August 11**  
160850.03 Su 2-5pm  
**August 13**  
160850.04 Tu 6-9pm

## NatureFest

### September 29, 1-5pm

**Celebrate nature at Runnymede Park!**  
**Explore nature and learn as you talk with our nature experts!**

Bring your youngster to this family-focused, free event to explore various stations throughout the park that include hands-on activities, educational events, wildlife visitors and crafts.

### Stations include:

- Fish Shocking • Bats • Butterflies • Bees • Native Plants
- Web of Life • Forest Habitats • Stream Life • Wildlife
- Rain Gardens • Streams and Watersheds • Life in the Meadow

**Volunteers Needed:** If you would like to volunteer, please contact **The Friends of Runnymede Park** at [friendsofrp@yahoo.com](mailto:friendsofrp@yahoo.com).

### Parking Availability:

1. Ride the FREE shuttle bus from the satellite parking at the Herndon Police Station, Herndon Parkway.
2. Bike or walk.
3. Park along Herndon Parkway (space is limited, we encourage carpooling).





# PARKS

## Herndon Parks

Visit [www.herndon-va.gov](http://www.herndon-va.gov) for a map of parks.

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct.-May, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

### Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball court, and a play area.

### Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

### Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. The park offers excellent opportunities for hiking, bird-watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling **703-435-6800 x2134** or the Town Community Forester at **703-435-6800 x2014**.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call **703-435-6800 x2014**.

### Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

### Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served.

### Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court and an open play area. Shelter is available for reservations.

## Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call **703-787-7300** for more information.

### Trailside/Runnymede Park parties up to 70:

#### Town of Herndon Resident:

Civic Group - \$40 Private - \$50

#### Non-Resident:

Civic Group - \$60 Private - \$75  
\$20 nonrefundable deposit

### Bready Park

#### parties up to 140:

#### Town of Herndon Resident:

Civic Group - \$75 Private - \$100

#### Non-Resident:

Civic Group - \$120 Private - \$150  
\$35 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

## Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge
<ol style="list-style-type: none"> <li>1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.</li> <li>2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.</li> <li>3. All refunds are made by credit card or Town check depending on initial method of payment.</li> <li>4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.</li> <li>5. No refunds or credit on account are given to those who have insufficient fund balances.</li> <li>6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.</li> <li>7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.</li> </ol>		

## Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

## Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

## What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- non-TOH residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

## How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: [www.herndon-va.gov](http://www.herndon-va.gov), and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

## Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on May 7.

## Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

## How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, May 1. Open registration for Non-TOH residents will begin at 10am on Tuesday, May 7.

## Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## Attention Seniors!


Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

## Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

## Registration Options

Open registration dates apply to ALL registration options—10am on May 1 for TOH residents, and 10am on May 7 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [www.herndon-va.gov](http://www.herndon-va.gov). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, May 1 for TOH residents; and 10am, May 7 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

*NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the town of Herndon.*





Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herndon limits  
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

## Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, May 1** at 10am at the HCC.  
Registration for Non-Town of Herndon Residents begins on **Tuesday, May 7** at 10am at the HCC.

PHONE: 703-787-7300

FAX: 703-318-8652

## Summer 2013 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F	000000.00	Level 4	\$68	000000.00	000000.00
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation

P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: \_\_\_\_\_

OFFICE USE - Processed by: \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_



Town of Herndon  
Parks and Recreation  
P.O. Box 427  
Herndon, VA 20172  
[www.herndon-va.gov](http://www.herndon-va.gov)

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# 33rd 2013 Herndon Festival

Historic Downtown Herndon  
May 30 - June 2

**Free Admission!**

- Three Stages of Entertainment
- Arts & Crafts Vendors
- Fireworks - Thurs. & Sat.
- 10k and 5k Race & Fitness Expo
- Kids Alley
- Carnival
- Food Vendors
- Business Expo

## Featured Entertainment

Thursday



LONGREEF



Trio Caliente and Friends



Midnight Movers



Occidental Gypsy

Friday



Caravan of Thieves

Saturday



Marrakesh Express-  
A Crosby, Stills, Nash  
and Young Experience



The Hunts

Sunday



Atlanta Rhythm  
Section

**Free Shuttle Bus Service • [www.herndonfestival.net](http://www.herndonfestival.net)**

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[www.constellationfcu.org](http://www.constellationfcu.org)



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